

# Monthly Events!

## Dance: The Cradit Union Trio

**WHEN: Thursday, Sept. 1, 1:30 to 3:30 p.m., AUD**

Music will be provided by a very popular band in North County, The Cradit Union Trio, who performs jazz, big band, ballroom and swing. Join us for prizes and refreshments, sponsored by Carlsbad Village by the Sea. \$4.

## Movie: My Big Fat Greek Wedding 2



**WHEN: Thursday, Sept. 8, 1 to 3 p.m., AUD**

In this screwball sequel to the 2002 hit romantic comedy, there's a new wedding on the horizon for the wacky Portokalos clan, and with it comes a new assortment of family crises and secrets. Cast: Nia Vardalos and John Corbett. Free.

## Book Club



**WHEN: Monday, Sept. 12, 1 to 2:30 p.m., MP**

"Fear of Dying," by Erica Jong. October's book selection is, "The Swans of Fifth Avenue: A Novel," by Melanie Benjamin. The book club meets the 2nd Monday of every month and welcomes newcomers!

## DIGITAL PHOTO, IPAD & TECH CLASSES

These **free** classes are taught by instructor Mike McMahon, and are available on a first-come, first-served basis. The last 15 minutes of each class will be devoted to questions. **Please bring note-taking material.**

## PICASA - ALTERNATIVES TO CONSIDER **NEW**

Wednesday, Sept. 21, 10 to 11:15 a.m., ACT

Picasa users are justifiably nervous about the future of their favorite photo software. Our instructor, Mike McMahon, will explain the current status of both Picasa and Picasa Web Albums and will offer suggestions for alternatives. You might be pleasantly surprised with what you hear!

## PHOTOSHOP ELEMENTS – ORGANIZING YOUR PHOTOS

Wednesday, Sept. 21, 1 to 2:15 p.m., ACT

Photoshop Elements has powerful tools for organizing your photos. Our instructor, Mike McMahon, will demonstrate the use of albums, slideshows, and much more. He will use version 14 of the software, but his examples will apply to earlier versions as well.

## PHOTOSHOP ELEMENTS – PHOTO EDITING, PART 1

Wednesday, Sept. 28, 10 to 11:15 a.m., ACT

Whether or not you use Photoshop Elements to organize your photos, the photo editing tools contained in the software are sensational. Our instructor, Mike McMahon, will demonstrate the easy-to-use Guided Editor that provides easy, recipe-style editing for simple tasks like correcting photos that are too dark and for sophisticated edits like swapping heads in a group portrait. You are guaranteed to say "wow" sometime during the session!

## PHOTOSHOP ELEMENTS – PHOTO EDITING, PART 2

Wednesday, Sept. 28, 1 to 2:15 p.m., ACT

Whether or not you use Photoshop Elements to organize your photos, the photo-editing tools contained in the software are sensational. Our instructor, Mike McMahon, will continue to demonstrate the amazing editing capabilities of the software. He will use version 14, but the lessons learned will apply to earlier versions (and to versions of full-blown Photoshop). You'll be pleased to discover that the software delivers pro-level results at a consumer-level price.

## HEALTHIER LIVING WITH CHRONIC CONDITIONS - Learn How To Manage Your Health, Not Let Your Health Manage You

**WHO: Susan Phan, MHA, GlenBrook Health Center**

**WHEN: Fridays, Sept. 16 through Oct. 21, 9 to 11:30 a.m.**

Nearly 40% of Americans have a chronic health condition such as heart disease, arthritis, diabetes, anxiety and others. Although sometimes it feels like these conditions are taking over your life, the good news is that there are simple things you can do to feel better, improve your quality of life and take control of your health.

Developed by Stanford University, this evidence-based program meets 2.5 hours once a week for six weeks. The classes are fun, highly interactive and focus on support, skill development, sharing and building confidence to manage a chronic health challenge.

Topics include:

- Problem-solving and weekly goal setting
- Relaxation techniques
- Nutritious eating and appropriate exercise
- Improving communication with doctors, family and friends
- Medication "how-to's"

Susan Phan, MHA, has extensive experience in the healthcare field. She has been conducting Healthier Living workshops for the past three years, receiving rave reviews from participants.

Carlsbad Senior Center

# Seaside Buzz

SEPTEMBER 2016 NEWSLETTER

City of  
Carlsbad

## Ready, Steady, Balance! Preventing Falls this Fall

**WHEN: Wednesday, Sept. 14, 12 to 3 p.m., AUD**

Please join the San Diego County Fall Prevention Task Force to learn practical steps, discover local resources and understand ways to safeguard your home against falls. Experts in the fields of home safety, physical therapy, exercise physiology, hearing & vision and pharmacy will share helpful tools and information. Workshops include:

- Keys to Standing Strong: How balance, exercise and physical activity decrease your chances of a fall
- Check Your Senses: How medications, vision and hearing impact your balance
- Home Safe: Safeguarding your home to minimize your risk of a fall

Please join us for this free event and get ready, steady and balanced to prevent falls this Fall.

## Living relaxed in a stressed out world

**WHO: Mediation Instructor, Regina Gill**

**WHEN: Tuesday, Sept. 20, 10:45 to 11:45 a.m., ACT**

Come explore and experience the only lasting way to have lasting peace and harmony in a stressed out world, and how to keep it. Instructor, Regina Gill, has been teaching in the arts of Tai-Chi Chuan, Meditation, Qigong, Acupressure Therapy, Reiki Master and various other healing arts since 1986. And beginning in October, will be teaching "The Art of Meditation" here at the Carlsbad Senior Center.

## Seaside Singers practices resume

**WHEN: Wednesdays, 1:30 to 3:30 p.m., AUD**

The Seaside Singers are a mixed four-part choral group directed by Jeff Sell who sing with piano accompanist, Violeta Petrova. New singers who can read music are always welcome, but are required to print their own sheet music. **Practices resume Sept. 21.**

## Home safe: Strategies for aging in place

**WHO: Certified Aging-in-Place specialist, Kindra French & Caregiving Professional, Steve Pettersen**

**WHEN: Thursday, Sept. 22, 10 to 11:30 a.m., ACT**

Learn how to adapt your home environment to make your home a place where you can live safely and independently, and learn about choosing the right resources when you need a little assistance to stay home.

In this interactive workshop, participants will learn how to:

- Recognize common household safety obstacles to aging in place
- Understand simple home modifications to address safety concerns
- Obtain a home safety checklist for assessing accessibility and safety of your home

Choose the right home caregiver. Steve Pettersen will cover these and other topics:

- How to identify signs of when to enlist the help of a caregiver
- How to select the right caregiver for your needs

Join us in this free workshop and learn a few simple steps that can assist you with your goal of staying Home Safe.

## Ice Cream Social

**WHEN: Thursday, Sept. 22, 11:30 a.m. to 1 p.m., Park**

Mark your calendars for a day of outdoor fun! You are invited to our annual Ice Cream Social featuring a Senior Center favorite, Cowboy Jack, entertaining diners in Pine Avenue Park. We will be serving cheeseburgers with all the trimmings, and, of course, ice cream sundaes! Join us for an afternoon of lively entertainment, food and good old-fashioned fun!

## MORNINGSTAR INVESTMENT EDUCATION LECTURE

Presenter, Richard Loth, has strong experiential credentials in the investment field, and uses Morningstar's mutual fund data, analyses and educational material to help attendees easily identify, decipher and employ Morningstar's guidance in their fund-investing endeavors. Morningstar is a subscription-based program, offered free to area residents through the City of Carlsbad Library.

**A Reminder That ETFs Are Stocks, Not Mutual Funds**

**WHEN: Monday, Sept. 12, 1:30 to 3 p.m., ACT**

A look at investment qualities of ETFs and mutual funds and their usage.

**Positioning a Retirement Portfolio for Income**

**WHEN: Monday, Sept. 19, 1:30 to 3 p.m., ACT**

An investor's portfolio asset allocation and fund choices need to be carefully considered.

**Warren Buffet's Index Fund Bet**

**WHEN: Monday, Sept. 26, 1:30 to 3 p.m., ACT**

A real-life example of index fund versus managed fund investing.

**Upcoming October topics:**

- Oct. 17: Investing Lessons from Benjamin Graham
- Oct. 24: Morningstar's FundInvestor 500 "The Fantastic 48" — A Second Opinion
- Oct. 31: Pre-Election Advice — the Virtue of Staying Put

# September 2016 *Activities Calendar*

New session start dates in blue

Senior Specials in red

\* Pre-registration required

\*\* Pre-register with MiraCosta (760-795-8710)

**ACT** Activity Room

**AUD** Auditorium

**ART-S** Art Studio

**COM** Computer Room

**CR** Conference Room

**DN** Dining Room

**DS** Dance Studio

**GR** Game Room

**LG** Lounge

**MP** Multi-purpose Room

**P**    Patio

**PARK** Pine Ave. Park

119 Room 119

120 Room 120

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			
WEEKLY PROGRAMS	8:15 – 9:15	* PiYo (Pilates & Yoga) (9/12)	AUD	8 – 11	Needlecraft	ART-S	9:30 – 11	5-in-1 Joy Class	ART-S	9 – 10	* Aerobic Dancing - Lite!	DS	9:15 – 10:15	Spanish Flamenco Dance	DS
	9 – 11	Writers Group	MP	8:30 – 9:30	* Qigong for the Early Bird (9/6)	DS	9:30 – 10:30	* Better Balance & Mobility	DS	10 – 11:15	* Yoga – Int./Adv. (9/1)	AUD	9:30 – 12:30	* Discover Your Inner Artist with Oil or Acrylic (9/30)	MP
	9 – 12	Spanish – Levels I, II & III	ART-S	9 – 10	* Aerobic Dancing - Lite! (9/6)	ACT	9:30 – 11:30	* Oriental Sumi-e Painting (9/21)	MP	10 – 12	Audiomobile	LOBBY	9:30 – 11	** Spinal Fitness	AUD
	9:30 – 11	** Spinal Fitness	AUD	9 – 11	Blood Pressure Screenings	120	9:30 – 11	** Spinal Fitness	AUD	1 – 2:10	* Heart Coherent	DS	10 – 11	* Zumba Gold (9/9)	ACT
	12 – 1:15	Line Dancing – Beg	AUD	9:30 – 11:30	Line Dancing – Int./Adv.	AUD	10 – 12	Blood Pressure Screenings	120	1 – 3	Tai Chi Kung (9/22)	DS	11 – 12	* Tuppercize (9/9)	DS
	1 – 3	* Intro to Watercolor (9/12)	ART-S	9:45 – 10:45	* Live Long: Do Qigong (9/6)	DS	10:45 – 11:45	* Better Balance & Mobility	DS	1 – 3	PC Users Group (2nd, 3rd & 4th Thursdays)	ACT	12:30 – 4	Party Bridge	AUD
	1:15 – 2:30	Line Dancing – High Beginner	AUD	12:30 – 4	Ping Pong	ACT	12:30 – 4:30	Mah Jongg	GR	4:15 – 5:45	* French 2 (9/8)	MP	12:30 – 4	Ping Pong	ACT
2:45 – 4	* Yoga: Intermediate (9/12)	AUD	12:30 – 4	Bingo	AUD	1 – 4	Ceramics	ART-S				12:45 – 2:30	Hawaiian Dance – Adv	DS	
			1 – 4	Chess	DS	1 – 4	Sewing & Quilting Group	MP				1:30 – 4:30	* Discover your Inner Artist with Oil or Acrylic (9/30)	MP	
			1 – 4	Writing Our Lives	ART-S	1 – 1:30	Hawaiian Dance–Beg. Basics	DS				1 – 4	Scrabble	ART-S	
			4:15 – 5:45	* French 3 (9/6)	MP	1:30 – 2:45	Hawaiian Dance – Beginner	DS							
						3 – 4:30	Hawaiian Dance – Beg./Int	DS							
						4:15 – 5:45	* French 1 (9/7)	MP							
* PC Lab Hours – Check with front desk			* PC Lab Hours – Check with front desk			* PC Lab Hours – Check with front desk			* PC Lab Hours – Check with front desk			* PC Lab Hours – Check with front desk			
<div><div>ARTIST OF THE MONTH Mary Ann Stabile</div></div>									9 – 11:30 * Fun with Watercolor ART-S 1 11 – 12 Heart Coherent Tai Chi Kung Short Forms Lecture/Demonstration DS 1:30 – 3:30 Monthly Dance: The Credit Union Trio AUD			2			
Labor Day Senior Center closed			10 – 1 * Elder Law Legal Assistance 119 6			9:45 – 11:30 Carlsbad Newcomers - NEW ACT 7			8:45 – 9:45 * PiYo (Pilates & Yoga) AUD 9 – 11:30 * Intermediate Watercolor ART-S 8 11 – 12:10 Tai Chi Kung Short Forms DS 1 – 3 Monthly Movie: "My Big Fat Greek Wedding 2" AUD 3:45 – 4:45 * Chair Yoga DS			10:30 – 12 Stamp Collectors Meet RR 9			
9 – 10:30 Primordial Sound Meditation (Intro 9 - 9:30) ACT 12 11 – 12 * Better Balance & Mobility DS 1 – 2 * Better Balance & Mobility DS 1 – 2:30 Book Club: "Fear of Dying," by Erica Jong MP 1:30 – 3 Morningstar Investment Education Lecture: A Reminder that ETFs are Stocks, Not Mutual Funds ACT 3 – 4:15 * Gentle Yoga DS			1 – 3 * Armchair Theater: "Come Dance at My Wedding" LG 13 1 – 4 * HICAP Health Insurance Counseling 120			9:30 – 11:30 * Nutrition Counseling 120 14 12 – 3 Ready, Steady, Balance! Preventing Falls this Fall AUD 12:20 – 1 Caring Paws Dog Therapy Visits Lobby			8:45 – 9:45 * PiYo (Pilates & Yoga) AUD 9 – 11:30 * Intermediate Watercolor ART-S 15 11 – 12:10 Tai Chi Kung Short Forms DS 12:30 – 4:30 * AARP Smart Driver program ART-S 3:45 – 4:45 * Chair Yoga DS			9 – 11:30 * Healthier Living with Chronic Conditions ART-S 16			
11 – 12 * Better Balance & Mobility DS 1 – 2 * Better Balance & Mobility DS 1:30 – 3 Morningstar Investment Education Lecture: Positioning a Retirement Portfolio for Income ACT 3 – 4:15 * Gentle Yoga DS			9 – 2 * Ask the Attorney 119 10:45 – 11:45 Seminar: Living Relaxed in a Stressed-Out World ACT 20 1 – 3 * Armchair Theater: "Mothers and Daughters" LG 1 – 4 * HICAP Health Insurance Counseling 120			10 – 11:15 Picasa – Alternatives to Consider NEW! ACT 21 1 – 2:15 Photoshop Elements: Organizing Your Photos ACT 1:30 – 3:30 Seaside Singers practice resumes AUD			8:45 – 9:45 * PiYo (Pilates & Yoga) AUD 9 – 11:30 * Intermediate Watercolor ART-S 22 10 – 11:30 Seminar: Home Safe – Strategies for Aging in Place ACT 11 – 12:10 Tai Chi Kung Short Forms DS 11:30 – 1 * Ice Cream Social PARK 12:30 – 4:30 * AARP Smart Driver program ART-S 3 – 4 Senior Commission Meeting DN 3:45 – 4:45 * Chair Yoga DS			23			
11 – 12 * Better Balance & Mobility DS 1 – 2 * Better Balance & Mobility DS 1:30 – 3 Morningstar Investment Education Lecture: Warren Buffet's Index Fund Bet ACT 3 – 4:15 * Gentle Yoga DS			1 – 3 * Armchair Theater: "The Bouquet" LG 10 – 3 * Low-Vision Consults 119			10 – 11:15 Photoshop Elements – Photo Editing, Part 1 ACT 28 10 – 12 * Ask the Orthopedic Surgeon 119 12:20 – 1 Caring Paws Dog Therapy Visits Lobby 1 – 2:15 Photoshop Elements – Photo Editing, Part 2 ACT 1:30 – 3:30 Seaside Singers AUD			8:45 – 9:45 * PiYo (Pilates & Yoga) AUD 9 – 11:30 * Intermediate Watercolor ART-S 29 10 – 12 Hearing Screening & Hearing Aid Adjustments Screening 119 11 – 12:10 Tai Chi Kung Short Forms DS 1 – 2:10 * Heart Coherent Tai Chi Kung DS 3:45 – 4:45 * Chair Yoga DS			30			
MONTHLY MOVIE BIG FAT GREEK WEDDING 2												SATURDAY CLASSES AND ACTIVITIES			

## SATURDAY CLASSES AND ACTIVITIES

* Yoga – Intermediate <b>NEW! (9/3)</b>	Sept. 3, 10, 17 & 24	9:15 – 10:30	DS
Ping Pong	Sept. 3 & 10	9 – 12:30	ACT
Fitness Room	Sept. 3, 10, 17 & 24	9 – 1	

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